

2015 Diabetes “Basics” Program

Nutrition Care, Lyster Army Health Clinic

The Diabetes Education Program at Lyster Army Health Clinic (LAHC) uses the International Diabetes Center “Basics” Curriculum to provide a starting point or help you to refocus on your journey to learn about diabetes, manage your glucose, decrease complications related to abnormal glucose, and provide updates on the newest diabetes care guidelines. The program is available to all Active Duty Military, Retirees and Family Members who are authorized care at LAHC.

The program consist of four classes taken over 2 to 4 months. After completion of the classes, at least one individual visit with the Registered Dietitian is recommended and continuing diabetes education is recommended at least yearly.

Classes are held on Thursdays 0900 - 1200

Lesson 1	Lesson 2	Lesson 3	Lesson 4
Getting Started	Meal Planning and Success Plan	Disease Progression and Complications	Solving Blood Glucose Problems
5 Jan	8 Jan	19 Feb	26 Mar
5 Feb	12 Feb	19 Mar	23 Apr
5 Mar	12 Mar	16 Apr	28 May
6 Apr	9 Apr	21 May	25 Jun
7 May	14 May	18 Jun	30 Jul
4 Jun	11 Jun	16 Jul	27 Aug
2 July	9 Jul	20 Aug	24 Sep
6 Aug	13 Aug	17 Sep	22 Oct
3 Sep	10 Sep	15 Oct	23 Nov
1 Oct	8 Oct	19 Nov	21 Dec
5 Nov	12 Nov	17 Dec	28 Jan
3 Dec	10 Dec	21 Jan	25 Feb

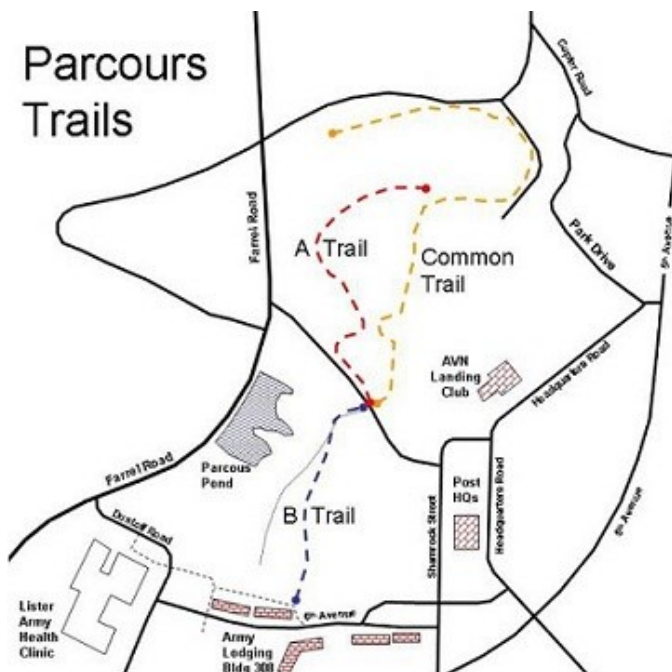
Class dates and/or times are subject to change

Nutrition Care Services
334-255-7986



Make a change! Choose your path today!

The Lyster Lifespace Center has “adopted” a 1-mile portion of the Parcours Walking Trail. We encourage everyone to take time out and walk, as well as make use of the many fitness stations along the way.



For more information about this and other education opportunities, please contact the Lifespace Center
334-255-7038/7726



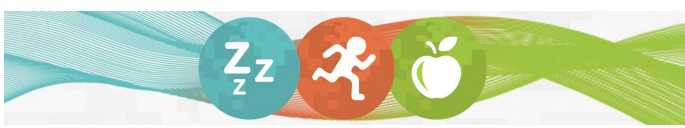
The Lifespace Center



Lyster Army Health Clinic
301 Andrews Ave
Fort Rucker, AL 36362
Phone: 334-255-7700



LET US HELP NAVIGATE YOUR JOURNEY TO A HEALTHIER YOU!



2015 Army MOVE! Weight Control Program

Have you ever left an appointment with your doctor only to realize you still have questions or concerns that you need to discuss? This is one of the largest considerations for the Lifespace Center.



The Lifespace Center was created to help move towards a System for Health by utilizing various methods to promote the Performance Triad: Sleep, Activity, & Nutrition.

Upon entering under the new canopy, LAHC beneficiaries come face to face with two monitors: one has educational videos that continuously play; the other shows the Army Provider Level Satisfaction Survey (APLSS) results given by you, our beneficiaries.

Located to the left you'll find the information desk staffed by Red Cross volunteers and Soldiers that are ready to assist from answering questions to providing wheelchairs and electric scooters for those who require a little extra help.



The Lifespace Center has multiple areas of interest including a children's activity center with two large touch screen tablets; a video monitor with a way-finding application to assist locating different destinations within the clinic such as the

clinic, radiology, behavioral health,



and the VA clinic; a touch screen kiosk for an interactive learning experience to provide information for all areas and activities offered on Fort Rucker; a full kitchen area for cooking classes and demonstrations provided by Nutrition Care on the 4th Friday of every month from 1100-



1200; and four wall-mounted computers for Soldiers to complete the GAT 2.0 assessment, assist with the Army Move Program "Move!23" questionnaire, and complete Phase 1 of the PHA. Family members may also access other information such as ICE comments, TRICARE Online and RelayHealth.



The Lifespace Center's patient educator will assist beneficiaries to get their questions answered and provide additional education on a variety of health topics during scheduled or walk-in appointments to meet individual needs.

The Lifespace Center Staff are excited to teach you how to prepare healthier meals on a budget, encourage you to get and stay moving, and enable you to take charge of making healthier decisions in your lifespace ~ where you live, work, and play.

Come check us out!

- Army MOVE! is the US Army's standardized multidisciplinary weight control program that consists of six lessons
- Available to all Active Duty Military, Retirees and Beneficiaries. Individuals may be referred by their provider or self-refer
- Scheduled visits with a Registered Dietician
- Private weight and body composition measurements obtained 30 minutes before class at each visit.
- After classes are completed, participants are recommended to do follow-up measuring every 1 to 4 weeks for six to 12 months. Follow up measurements are done on a walk-in basis in the Nutrition Care Clinic: Monday-Friday 0730-0800 , Mondays and Wednesday 0730-1030 and 1230-1530 or by appointment
- **Participants must attend lesson 1 first and then lesson 6 last. All other classes may be taken in any order.**

Classes are held on Tuesdays

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Overview	Fit for Life	Shape Your Plate	Plan	Oops... I did it Again	Keep it Going
Time	Dates	Dates	Dates	Dates	Dates	Dates
0900 to 1100	13 Jan	20 Jan	27 Jan	3 Feb	10 Feb	17 Feb
	24 Feb	3 Mar	10 Mar	17 Mar	24 Mar	31 Mar
	7 Apr	14 Apr	21 Apr	28 Apr	5 May	12 May
	19 May	26 May	2 Jun	9 Jun	16 Jun	23 Jun
	30 Jun	7 Jul	14 Jul	21 Jul	28 Jul	4 Aug
	11 Aug	18 Aug	25 Aug	1 Sep	8 Sep	15 Sep
	22 Sep	29 Sep	6 Oct	13 Oct	20 Oct	27 Oct
	3 Nov	10 Nov	17 Nov	24 Nov	1 Dec	8 Dec
	15 Dec	22 Dec	29 Dec	5 Jan	12 Jan	19 Jan
	3 Feb	10 Feb	17 Feb	24 Feb	3 Mar	10 Mar
	17 Mar	24 Mar	31 Mar	7 Apr	14 Apr	21 Apr
	28 Apr	5 May	12 May	19 May	26 May	2 Jun
1300 to 1500	9 June	16 Jun	23 Jun	30 Jun	7 Jul	14 Jul
	21 Jul	28 Jul	4 Aug	11 Aug	18 Aug	25 Aug
	1 Sep	8 Sep	15 Sep	22 Sep	29 Sep	6 Oct
	13 Oct	20 Oct	27 Oct	3 Nov	10 Nov	17 Nov
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